Updated 7/2019

FALLON R. GOODMAN

CONTACT

Department of Psychology
University of South Florida
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ACADEMIC APPOINTMENTS

2019–present	**University of South Florida** Assistant Professor Department of Psychology, Clinical Area

EDUCATION

2018-2019	**Harvard Medical School/ McLean Hospital** Clinical Internship in Psychology
2019	**George Mason University** Ph.D., Clinical Psychology (Advanced Quantitative Track)
2014	**George Mason University** M.A., Psychology
2012	**University of Maryland** B.S., Psychology; B.S., Family Science *Summa Cum Laude* honors

HONORS AND AWARDS

2018	Beck Institute for Cognitive Behavioral Therapy Scholarship
2017	Diversity Award, Society for Personality and Social Psychology
2017	Research Fellow, Summer Institute in Social and Personality Psychology
2017	Graduate Student Travel Award, Society for Personality and Social Psychology
2016	APA International Conference Travel Award
2013–2018	Graduate Student Travel Award, George Mason University
2011	Academic Excellence Award, School of Public Health, University of Maryland
2008–2010	President's Academic Scholarship, University of Maryland
2010–2011	Research Fellow, Summer Training and Research Program, University of Maryland

2010 Outstanding Academic Achievement, College Park Scholars, University of Maryland

GRANTS AND AWARDS

2016–2018 **F31 Ruth L. Kirschstein National Research Service Award (NRSA)**
Title: Motivational underpinnings of alcohol use for people with social anxiety disorder: A daily diary study (F31-AA024372)
Role: Principal Investigator
Sponsor: Todd Kashdan, Ph.D.; Co-Sponsor: Howard Tennen, Ph.D.
Amount awarded: $63,788

2016–2017 **Diversity Advancement Award, George Mason University**
Title: Profiles of emotion regulation across the world
Role: Principal Investigator
Amount awarded: $1,700

2016–2018 **Charles Koch Foundation Dissertation Grant**
Title: Psychological flexibility and well-being in everyday life
Role: Principal Investigator
Amount awarded: $5,000

2016–2017 **Dean's Challenge Award for Excellence in Research and Service, George Mason University**
Role: Principal Investigator
Amount awarded: $5,000

2016–2017 **Provost Research Grant, George Mason University**
Title: Social anxiety and alcohol use
Role: Principal Investigator
Amount awarded: $1,500

2016–2017 **Provost Research Grant, George Mason University Provost Office**
Title: The transdiagnostic nature of distress tolerance
Role: Principal Investigator
Amount awarded: $1,500

PEER REVIEWED PUBLICATIONS

1. McHugh, R. K., & **Goodman, F. R.** (in press). Are substance use disorders emotional disorders?: Why heterogeneity matters for treatment. *Clinical Psychology: Science and Practice.*

2. Biswas-Diener, R., Kushlev, K., Su, R., **Goodman, F. R.**, Kashdan, T. B., & Diener, E. (in press). Assessing and Understanding hospitality: A brief hospitality scale. *International Journal of Well-being*.

3. **Goodman, F. R.**, Kashdan, T. B., Stiksma, M. C., & Blalock, D. V. (2019). Personal strivings to understand anxiety disorders: Social anxiety as an exemplar. *Clinical Psychological Science, 7,* 283-301.

4. **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2019). Integrating psychological strengths under the umbrella of personality science: Rethinking the definition, measurement, and modification of strengths. *Journal of Positive Psychology, 14,* 61-67.

5. Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2019). Is grit relevant to well-being? Evidence across the globe for separating perseverance of effort and consistency of interests. *Journal of Personality, 87,* 184-211.

6. **Goodman, F. R.**, Stiksma, M. C., & Kashdan, T. B. (2018). Social anxiety and the quality of everyday social interactions: The moderating influence of alcohol consumption. *Behavior Therapy, 49,* 373-387.

7. **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., & Kaufman, S. B. (2018). Measuring well-being: A comparison of subjective well-being and PERMA. *Journal of Positive Psychology, 13,* 321-332.

8. Kashdan, T. B., **Goodman, F. R.**, Stiksma, M. C., †Milius, C. R., & McKnight, P. E. (2018). Sexuality leads to boosts in mood and meaning in life with no evidence for the reverse direction: A daily diary investigation, *Emotion, 18,* 563-576.

9. **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., & Machell, K. A. (2017). Personality strengths as resilience: A one-year multiwave study. *Journal of Personality, 85*, 423-434.

10. Folk, J. B., Disabato, D. J., **Goodman, F. R.**, Bricker-Carter, S., DiMauro, J., & Riskind, J. H. (2017). Wise additions bridge the gap between social psychology and clinical practice: Cognitive-behavioral therapy as an exemplar. *Journal of Psychotherapy Integration, 27,* 407-423.

11. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., Short, J. L., & Jarden, A. (2016). Different types of well-being? A cross-cultural examination of hedonic and eudaimonic well-being. *Psychological Assessment, 28*, 471-482.

12. Kashdan, T. B., **Goodman, F. R.**, †Mallard, T. M., & Dewall, C. N. (2016). What triggers anger in everyday life? Links to the intensity, control, and regulation of these emotions, and personality traits. *Journal of Personality, 84*, 737-749.

13. Kashdan, T. B., Rottenberg, J., **Goodman, F. R.**, Disabato, D. J., & Begovic, E. (2015). Lumping and splitting in the study of meaning in life: Thoughts on surfing, surgery, scents, and sermons. *Psychological Inquiry, 26*, 336-342.

14. Machell, K. A., **Goodman, F. R.**, & Kashdan, T. B. (2015). Experiential avoidance and well-being: A daily diary analysis. *Cognition and Emotion, 29*, 351-359.

15. **Goodman, F. R.**, & Kashdan, T. B. (2015). Behind the scenes of clinical research: Lessons from a mindfulness intervention with student-athletes. *The Behavior Therapist, 38*, 157-159.

16. Lucas, N., & **Goodman, F. R.** (2015). Well-being, leadership, and positive organizational scholarship: A case study of project-based learning in higher education. *The Journal of Leadership Education, 14*, 138-152.

17. Kashdan, T. B., DiMauro, J., Disabato, D. J., Folk, J. B., Carter, S., & **Goodman, F. R.** (2015). Creating clinical psychology graduate courses that lead to peer reviewed publications: A case study. *The Behavior Therapist, 38, 47-49.*

18. Kleiman, E. M., Kashdan, T. B., Monfort, S. S., Machell, K. A., & **Goodman, F. R.** (2015). Perceived responsiveness during an initial social interaction with a stranger predicts a positive memory bias one week later. *Cognition and Emotion, 29*, 332-341.

19. Kashdan, T. B., **Goodman, F. R.**, Machell, K. A., Kleiman, E. M., Monfort, S. S., & Ciarrochi, J., & Nezlek, J. (2014). A contextual approach to experiential avoidance and social anxiety: Evidence from an experimental interaction and daily interactions of people with social anxiety disorder. *Emotion*, *14*, 769-781.

20. **Goodman, F. R.**, Kashdan, T. B., Mallard, T. M., & Schumann, M. (2014). A brief mindfulness and yoga intervention with an entire NCAA Division I athletic team: An initial investigation. *Psychology of Consciousness: Theory, Research, and Practice, 1*, 339-356.

21. Kaczmarek, L. D., **Goodman, F. R.**, Kashdan, T. B., Drążkowski, D., Połatyńska, & K., Komorek, J. (2014). Instructional support decreases desirability and initiation of a gratitude intervention. *Personality and Individual Differences*, *64,* 89-93.

22. Kaczmarek, L. D., Kashdan, T. B., Drążkowski, D., Bujacz, A., & **Goodman, F. R.** (2014). Why do greater curiosity and fewer depressive symptoms predict gratitude intervention use? Desirability, social norm beliefs, and perceived self-control. *Personality and Individual Differences, 66,* 165-170.

† *denotes student mentee*

MANUSCRIPTS UNDER REVIEW

1. **Goodman, F. R.**, & Kashdan, T. B. *Anxiety interferes with daily goal pursuit and meaning in life for people with social anxiety disorder.* Under review (initial review).

2. **Goodman, F. R.**, Kashdan, T. B., & †İmamoğlu, A. *Implicit and explicit values about emotional expression among individuals with social anxiety disorder.* Under review (initial review).

3. Doorley, J. D., **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., Weinstein, J. S., & Shackman, A. J. *The impact of social anxiety on momentary responses to best hourly events.* Under review (initial review).

4. Kashdan, T. B., Disabato, D. J., **Goodman, F. R.**, McKnight, P. E., & Naughton, C. *Clarifying the range of benefits of curiosity in the workplace: Developing and validating the multidimensional work curiosity scale in United States and German employees.* Under review (initial review).

BOOK CHAPTERS

1. **Goodman, F. R.**, Doorley, J. D., & Kashdan, T. B. (2018). Well-being and psychopathology: A deep exploration into positive emotions, meaning and purpose in life, and social relationships. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-being*. Salt Lake City, UT: DEF Publishers. DOI:nobascholar.com

2. **Goodman, F. R.**, †Larrazabal, M., †West, J. T., & Kashdan, T. B. (in press). Experiential avoidance across anxiety disorders. In B. O. Olatunji (Ed). *Cambridge Handbook of Anxiety and Related Disorders.*

POPULAR PRESS SCIENTIFIC ARTICLES

Kashdan, T. B., Disabato, D. J., **Goodman, F. R.**, & Naughton, C. (2018). The five dimensions of curiosity. *Harvard Business Review.*

SCIENTIFIC CONSULTING

Books

National Geographic. (2016). *The Mind: A scientific guide to who you are, how you got that way, and how to make the most out of it.* Washington, DC: National Geographic. (Link).
Author: Daniels, P.
Scientific Consultants and Co-Authors: Kashdan, T. B., Young, K. C., & **Goodman, F. R.**

National Geographic. (2014). *Your Personality Explained: Exploring the science of identity*. Washington, DC: National Geographic. (Link).
Scientific Consultants and Co-Authors: Kashdan, T. B., **Goodman, F. R.**, & Young, K. C.

Statistical Consulting

1/2018–8/2018 **Merck KGaA**, Darmstadt, Germany.
Co-developed measure of work-related curiosity (in English and a validated German translation); measurement development tasks including writing survey items, collaborating with German-speaking researchers on translation and back-translation, conducting and interpreting analyses (factor analysis, construct validity) and providing recommendations for final items; data collection tasks including creating surveys.

Program Development

9/2015–12/2015 **National Geographic**, Washington, D.C.
Synthesized literature on interventions designed to increase well-being and corresponding measurement approaches; provided recommendations for program development of curiosity interventions and assessment for children.

EDITORIAL ACTIVITIES

Ad hoc reviewer
Perspectives on Psychological Science
Clinical Psychological Science
Emotion
Clinical Psychology Review
Behaviour Research and Therapy
Journal of Affective Disorders
Journal of Anxiety Disorders
Behavior Therapy
Personality and Social Psychology Bulletin
Journal of Clinical Psychology
Journal of Personality
Journal of Positive Psychology
Journal for Clinical Child and Adolescent Psychology
European Journal of Personality Assessment
Journal of Psychopathology and Behavioral Assessment
Cognition and Emotion
Behavior Modification
Personality and Individual Differences
Journal of Clinical Sport Psychology
Anxiety, Stress, and Coping
Acta Psychologica
Journal of Applied Sport Psychology
Journal of Intercollegiate Sport
Journal of Social and Clinical Psychology
Journal of Youth and Adolescence
Medical Journals
Social Behavior and Personality
World Medical and Health Policy
Clinical Psychologist

CHAIRED CONFERENCE SYMPOSIA

1. Disabato, D. J., & **Goodman, F. R.** (2018, April). *Expanding the scientific scope of emotion dysregulation: Novel topics and clinical applications.* Symposium conducted at the annual convention of Anxiety and Depression Association of America, Washington, DC.

2. **Goodman, F. R.** (2016, July). *The transdiagnostic nature of distress tolerance: Strengths, detriments, and a new measure.* Symposium conducted at the 31st International Congress of Psychology, Yokohama, Japan.

3. **Goodman, F. R.**, & Young, K. C. (2015, May). *It takes two: Examining dynamic, couple-level factors in romantic relationships.* Symposium conducted at the annual convention of the Association for Psychological Science, New York, NY.

CONFERENCE PRESENTATIONS

1. **Goodman, F. R.**, †Larrazábal, M. A., †İmamoğlu, A., †Ashraf, A., †Brown, B. A., & Kashdan, T. B. (2019, May). Patterns *of emotion regulation in the everyday lives of people with social anxiety disorder.* Presentation to be given at the annual convention of the Association for Psychological Science, Washington, DC.

2. **Goodman, F. R.**, & Kashdan, T. B. (2018, November). In Weeks J. W. (Chair). The dynamic interplay of social comparisons and positive emotions in a single day in the life of adults with social anxiety disorder. *Positively Terrifying": Multimethod Examinations of Positivity Impairments as an Integral Feature of Social Anxiety Disorder.* Presented at the annual convention of the Association of Behavioral and Cognitive Therapies, Washington, DC.

3. **Goodman, F. R.**, & Kashdan, T. B. (2018, April). *Beliefs and values about emotions among people with social anxiety disorder.* Presented at the annual convention of the Anxiety and Depression Association of America, Washington, DC.

4. †Brown, B. A., **Goodman, F. R.**, & Kashdan, T. B. (2018, April). The protective nature of meaning: A prospective analysis of meaning in life as a moderator between neuroticism and anxiety. Presented at the George Mason University College of Humanities and Social Sciences Undergraduate Research Symposium, Fairfax, VA.

5. Doorley, J. D., **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., Weinstein, J. S., & Shackman, A. J. (2017, November). *Dissecting the lives of people with social anxiety disorder: Assessing the best and worst of every hour using ecological momentary assessment.* Presented at the annual convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.

6. **Goodman, F. R.** (2017, April). *A problem of reinforcement: Alcohol consumption mitigates adverse effects of social anxiety.* Presented at the annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.

7. **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2017, January). *Is grit relevant to well-being? Cross-cultural evidence for separating perseverance of effort and consistency of interests.* Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

8. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., & Kaufman, S. B. (2017, January). *General well-being: The G of well-being research.* Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

9. †Milius, C. R., **Goodman, F. R.**, Stiksma, M. C., & Kashdan, T. B. (2017, January). *Sexuality and well-being in daily life: Nailing directionality.* Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

10. **Goodman, F. R.**, & Mehlenbeck, R. S. (2016, September). *Resilience in the classroom: Wise interventions to enhance creative and reflective learning.* Presented at the 2016 Innovations in Teaching & Learning (ITL) Conference: Cultivating Creative and Reflective Learners, Fairfax, VA.

11. **Goodman, F. R.**, & Kashdan, T. B. (2016, July). *Psychological needs satisfaction and the ability to tolerate pain in everyday life.* Presented at the 31st International Congress of Psychology, Yokohama, Japan.

12. Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2016, July). *Sustained distress tolerance to achieve well-being and long-term goals: Comparing perseverance of effort and consistency of interests from the Grit Scale.* Presented at the 31st International Congress of Psychology, Yokohama, Japan.

13. Quartuccio, J., Disabato, D. J., Franz, S., Alexander, L., **Goodman, F. R.**, Stiksma, M. C., Blalock, D. V., McKnight, P. E., & Kashdan, T. B. (2016, July). *Psychometrics of a scenario-based distress tolerance measure.* Presented at the 31st International Congress of Psychology, Yokohama, Japan.

14. **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2016, April). *Well-being across the world: The danger of sharp lines.* Presented at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.

15. Disabato, D. J., **Goodman, F. R**., & Kashdan, T. B. (2016, April). *To CFA or EFA - that is the question.* Presented at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.

16. **Goodman, F. R.**, Disabato, D. J., & Kashdan T. B. (2016, January). *Two types of well-being? A closer look at the hedonia and eudaimonia distinction across 109 countries.* Presented at the annual meeting for the Society of Personality and Social Psychology. San Diego, CA.

17. **Goodman, F. R.**, Kashdan, T. B., & McKnight, P. E. (2015, November). Everyday strivings in people with social anxiety disorder. In Berghoff, C. R. (Chair). *Living life to the fullest: Leveraging personal value-directed behavior to enhance well-being and undermine psychological distress*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

18. Kashdan, T. B., Blalock, D. V., **Goodman, F. R.**, Disabato, D. J., Alexander, L., & McKnight, P. E. (2015, November). Social anxiety and distress tolerance in everyday life: A daily diary study of romantic couples. In Richey, J. A. (Chair). *Does SAD fit in the research domain criteria?: Opportunities and challenges within the NIMH vision for translational research*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

19. **Goodman, F. R.**, Kashdan, T. B., McKnight, P. E., & Farmer, A. (2015, May). Power play: Variations of power perceptions in romantic relationships. In **F. R. Goodman**, & K. C. Young (Chairs). *It takes two: Examining dynamic, couple-level factors in romantic relationships.* Presented at the annual convention of the Association for Psychological Science, New York, NY.

20. Kashdan, T. B., Farmer, A., Ferssizidis, P., **Goodman, F. R.**, Machell, K., & Monfort, S. (2014, November). A contextual approach to experiential avoidance and social anxiety. In J.A. Richey (Chair). *Expanding the focus in social anxiety disorder: A deep dive into completely novel approaches for conceptualization and treatment.* Presented at the annual convention of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.

21. Monfort, S. S., Kleiman, E. M., Kashdan, T. B., Machell, K.A., & **Goodman, F. R.** (2013, November). Capitalization support during an initial social interaction predicts memory bias. In T.M. Erickson (Chair). *Amplifying and dampening positive emotional states: Implications for emotional disorders.* Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

22. Franz, S., Quartuccio, J., **Goodman, F. R.**, & McKnight, P. E. (2012, May). *A comparison of SEM, HLM, and Bayesian approaches to dyadic partner interactions.* Presented at the annual convention for the Association for Psychological Science, Washington, DC.

CONFERENCE POSTER PRESENTATIONS

1. †Brown, B. A., †İmamoğlu, A., Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2018, November). *A problem-solving approach to distress intolerance and depression.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.

2. †Regalario, I., †Miller, M., †Asim, A., Doorley, J., **Goodman, F. R.,** & Kashdan, T.B. (2018, November). *Can curiosity buffer against the potentially harmful effects of anxiety on meaning in life?* Poster presented at the annual convention of Association of Behavioral and Cognitive Therapies, Washington, DC.

3. †Imamoğlu, A., †Brown, B. A., **Goodman, F. R.**, Doorley, J. D., & Kashdan, T. B. (2018, November). *Accounting for sex differences in depression: The distinct contributions of a sense of autonomy and positive relations with others.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.

4. †Brown, B. A., **Goodman, F. R.**, & Kashdan, T. B. (2018, April). *The protective nature of meaning: A prospective analysis of meaning in life as a moderator between neuroticism and anxiety.* Poster presented at the George Mason University College of Humanities and Social Sciences Undergraduate Research Symposium, Fairfax, Virginia.

5. †Brown, B. A., †Miller, M., **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2018, March). *Experiential avoidance moderating the effect of anxiety on changes in meaning in life: A prospective study*. Poster presented at the annual convention for the Society for Personality and Social Psychology, Atlanta, GA.

6. **Goodman, F. R.**, †Larrazabal, M. A., Doorley, J. D., & Kashdan, T. B. (2017, November). *Maximize pleasure or minimize pain? Implicit beliefs about well-being moderate the relationship between anxiety and well-being.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

7. †Lauber, M. D., Disabato, D. J, **Goodman, F. R.**, †Whimpey, A. I., & Kashdan, T. B. (2017, November). *Persevering through avoidance: Grit as a shield against diminished well-being.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

8. Disabato, D. J., Kashdan, T. B., **Goodman, F. R.**, †Larrazabal, M. A., & †West, J. T. (2017, November). *Hidden problems in the measurement of experiential avoidance: Indiscrimination and tautologies.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

9. Doorley, J. D., †Milius, C., †West, J. T., **Goodman, F. R.**, & Kashdan, T. B. (2017, November). *When is it beneficial to believe that emotions are malleable? The interplay among implicit*

emotion beliefs and experiential avoidance in predicting well-being. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

10. **Goodman, F. R.**, Yarbro, J., Kashdan, T. B., & McKnight, P. E. (2017, January). *Pathways to meaning in life: Managing emotions and persevering towards valued goals.* Poster presented at the annual convention of the Society of Personality and Social Psychology, San Diego, CA.

11. **Goodman, F. R.**, Stiksma, M. C., & Kashdan, T. B. (2016, October). *Liquid antidote: Alcohol attenuates adverse effects of social anxiety during social interactions.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

12. **Goodman, F. R.**, †Lauber, M. D., Stiksma, M. C., Blalock, D. V., †Milius, C. R., †Whimpey, A. I., & Kashdan, T. B. (2016, October). *Fear of success? When and why people with social anxiety disorder strive for power and achievement.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

13. Stiksma, M. C., †Milius, C. R., **Goodman, F. R.**, Blalock, D. V., †Lauber, M. D., †Whimpey, A. I., & Kashdan, T. B. (2016, October). *Interpersonal desire and dysfunction: An analysis of strivings in people with social anxiety disorder.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

14. **Goodman, F. R.**, & Kashdan, T. B. (2015, November). *Social anxiety, emotion regulation, and alcohol use: A daily diary study.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

15. **Goodman, F. R.**, Lucas, N., & †Milius, C. R. (2015, May). *Creating and measuring a well-being university*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.

16. Yarbro, J., **Goodman, F. R.**, Kashdan, T. B., & McKnight, P. E. (2015, May). *Daily emotion regulation, meaning in life, and goal pursuit.* Poster presented at the annual convention of the Association for Psychological Science, New York, NY.

17. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., & Jarden, A. (2015, May). *Perseverance of effort - not consistency of interests - predicts well-being.* Poster presented at the annual convention of the Association for Psychological Science, New York, NY.

18. **Goodman, F. R.**, Kashdan, T. B., & Kaczmarek, L. D. (2014, November*). Gratitude interventions: Targets to increase participation.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

19. **Goodman, F. R.**, †Mallard, T. T., & Kashdan, T. B. (2014, November). *A brief mindfulness and yoga intervention with an entire Division I athletic team: Preliminary evidence and lessons learned.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

20. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., Jarden, A., & Short, J. L. (2014, November). *Measuring well-being in clinical psychology.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

21. **Goodman, F. R.**, Farmer, A. S., †Rana, V. A., †Bonner, J. A., †Rivera, R., & Kashdan, T. B. (2013, November). *Smiling and laughter during romantic relationship interactions: Indicators of relationship quality*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

22. **Goodman, F. R.**, †Mallard, T. T., Farmer, A. S., & Kashdan, T. B. (2013, November). *Congruency of perceived power in romantic relationships and implications for relationship quality.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

23. Bullock, J., Biswas-Diener, R., **Goodman, F. R.**, Diener, E., & Kashdan, T. B. (2013, June). *The hospitality research project.* Poster presented at the Third World Congress on Positive Psychology, Los Angeles, CA.

24. **Goodman, F. R.**, Machell, K. A., & Kashdan, T. B. (2013, May). *Experiential avoidance and daily well-being.* Poster presented at the annual convention of the Association for Psychological Science, Washington, DC.

25. **Goodman, F. R.**, Russell, B. A. H., & Hatfield, B. D. (2011, November). *Measuring residual processing capacity under different levels of task difficulty*. Poster presented at the annual convention of the Mid-Atlantic Chapter of the American College of Sports Medicine, Harrisburg, PA.

26. **Goodman, F. R.**, Russell, B. A. H., & Hatfield, B. D. (2011, September). *Auditory processing of deviant tones under different levels of cognitive workload*. Poster presented at the annual School of Public Health Research Interaction Day, College Park, MD.

27. **Goodman, F. R.**, Russell, B. A. H., Rietschel, J., & Hatfield, B. D. (2010, August). *The impact of anxiety on cognitive processes during varying degrees of visuo-motor challenge.* Poster presented at the annual meeting for University of Maryland Summer Training and Research Program, College Park, MD.

INVITED TALKS

1. **Goodman, F. R.** (2019, April). *Emotion dynamics in social anxiety disorder.* Presentation to be given at the Center for Depression, Anxiety, and Stress Research, McLean Hospital/ Harvard Medical School. Belmont, MA.

2. **Goodman, F. R.**, & Stiksma, M. C. (2017, April). *The building blocks of psychological flexibility.* Presentation given at the Department of Health Administration and Policy, George Mason University, Fairfax, VA.

3. **Goodman, F. R.** (2016, June). *Resilience in higher education: Wise interventions and creative measurement.* Presentation gave at the International Well-Being University Symposium. Borba, Portugal.

4. **Goodman, F. R.** (2015, July). *A primer on mindfulness*. Presented at the Summer Mindfulness Meditation Series, United States House of Representatives, Washington, DC.

5. **Goodman, F. R.**, & Mehlenbeck, R. S. (2015, May). *Building resilience into education.* Presentation given at Fairfax County Public Schools' Annual Community Conversation on Teen Stress, Fairfax, VA.

RESEARCH EXPERIENCE

8/2012–present **Graduate Research Assistant**
The Well-being Lab, George Mason University
Advisor: Todd Kashdan, Ph.D.

6/2013–8/2016 **Research Fellow**
Center for the Advancement of Well-being, George Mason University
Advisor: Nance Lucas, Ph.D.

5/2011–5/2012 **Undergraduate Research Assistant**
Comprehensive Assessment and Intervention Program, University of Maryland
Advisor: Andres De Los Reyes, Ph.D.

9/2009–5/2012 **Undergraduate Research Assistant**
Laboratory for the Study of Child and Family Relationships, U. of Maryland
Advisor: Kenneth Rubin, Ph.D.

6/2010–8/2011 **Undergraduate Research Assistant**
Cognitive Motor Neuroscience Lab, University of Maryland
Advisor: Bradley Hatfield, Ph.D.

9/2010–5/2011 **Undergraduate Research Assistant**
The Center for Healthy Families, University of Maryland
Advisor: Norman Epstein, Ph.D., Carol Werlinich, Ph.D.

CLINICAL EXPERIENCE

7/2018–present **Clinical Psychology Intern**
McLean Hospital/ Harvard Medical School
Setting: partial hospitalization program, residential treatment program (OCD)
Treating: anxiety, bipolar disorder, depression, OCD, personality pathology, psychosis, social anxiety, suicidality, substance misuse
Treatment responsibilities: clinical intake, manualized CBT and ACT, Exposure Response Prevention (ERP), group therapy, case management

9/2017–6/2018 **Clinical Psychology Resident**
Craniofacial Clinic, Inova Hospital
Setting: hospital medical clinical
Treating: children and adolescents with craniofacial abnormalities and co-occurring anxiety and/or depression and their families
Treatment responsibilities: brief psychosocial assessments and CBT-informed interventions, multidisciplinary consultations

9/2012–6/2018 **Psychodiagnostic Examiner**
Center for Psychological Services, George Mason University
Setting: community mental health clinical
Assessing: Autism Spectrum Disorder, Attention-Deficit/Hyperactivity Disorder, Learning Disorders, and other socioemotional disorders in children, adolescents, and adults
Assessment responsibilities: Comprehensive diagnostic assessment and written report, verbal feedback and clinical recommendations

6/2016–6/2017 **Clinical Psychology Resident**
Adult Outpatient Medication Management, Inova Hospital
Setting: outpatient medication management clinic
Treating: anxiety, depression, panic, social anxiety
Treatment responsibilities: weekly individual CBT and/or ACT

6/2016–5/2017 **Clinical Psychology Resident**
Pediatric Specialists of Virginia Gastroenterology/ Endocrine clinic, Children's National Medical Center
Setting: pediatric ga**stroenterology and endocrine clinics**
Treating: children with Type I Diabetes (T1D) and/or gastrointestinal (GI) complication and co-occurring anxiety, depression, problematic eating, and/or OCD
Treatment responsibilities: behavioral health consultations, individual therapy (CBT, MI)

6/2015–6/2016 **Clinical Psychology Resident**
Partial Hospitalization Program, Inova Hospital
Setting: partial hospitalization program
Treating: anxiety, bipolar disorder, depression, personality pathology, psychosis, social anxiety, suicidality
Treatment responsibilities: group therapy

6/2014–3/2015 **Research Study Psychotherapist, NIH-funded clinical trial, Integrated Treatment Program (ITP), George Mason University**
Setting: court-mandated juvenile diversion program
Treating: adolescents involved in the juvenile justice system and their parents
Treatment responsibilities: individual therapy (manualized CBT), family therapy, drug screens, consultation with county court system

10/2013–9/2015 **Psychotherapist, Center for Psychological Services, George Mason University**
Setting: community mental health clinic
Treating: anxiety, depression, panic, social anxiety, specific phobias, suicidality
Treatment responsibilities: individual therapy (ACT, CBT, DBT, ERP), group therapy for social anxiety (manualized CBT protocol)

9/2012–6/2015 **Psychodiagnostic Examiner Cognitive Assessment Program, George Mason University**
Setting: community mental health clinic

Assessing: intellectual functioning for children aged 6-16 for educational placement
Assessment responsibilities: comprehensive diagnostic assessment and written report, verbal feedback to child's parent/guardian.

CLINICAL SUPERVISION

8/2018–present **Peer supervisor, McLean Hospital/ Harvard Medical School**
Supervise advanced clinical psychology practicum student on group and individual therapy cases; co-lead weekly group therapy at a partial hospitalization program

8/2016–12/2016 **Peer supervisor, Introduction to Helping Skills and Motivational Interviewing George Mason University**
Supervised first-year clinical psychology doctoral students in clinical interviews and motivational interviews; provided weekly live supervision, feedback and consultation; provided written feedback and evaluation in core course and clinical competencies.

TEACHING

Summer 2018 **Instructor**
Abnormal Psychology and Well-being (PSYC461/325) ***Developed course***
Department of Psychology, Integrative Studies, George Mason University

Summer 2017 **Instructor**
Applied Well-Being Studies (PSYC417) ***Developed course***
Department of Psychology, Integrative Studies, George Mason University

Spring 2015 **Co-Instructor**
Leadership and Positive Organizations (NCLC474) ***Co-developed course***
New Century College, George Mason University

Fall 2013 **Co-Instructor**
Understanding Happiness and Human Well-Being (NCLC475)
Department of Psychology, George Mason University

Fall 2012, Spring 2013, Summer 2013 **Instructor**
Research Methods Lab (PSYC301)
Department of Psychology, George Mason University

Fall 2012, Spring 2013 **Teaching Assistant**
Introduction to Psychology (PSYC100)
Department of Psychology, George Mason University

Fall 2011, Spring 2012 **Teaching Assistant**
Psychology of Communication and Persuasion (PSYC424)
Department of Psychology, University of Maryland

SPECIALIZED PROFESSIONAL TRAINING

6/2018	**R Campus Workshop** George Mason University, Fairfax, VA
1/2018	**A Guided Tour Through R** Convention of the Society for Personality and Social Psychology, Atlanta, GA
6/2017	**Analyzing Intensive Longitudinal Data Workshop** Center for Research on Families, Amherst, MA
2/2017	**Substance Use Disorders and Addictions Series** American Psychological Association, Webinar
1/2017	**MEMORE: Mediation and Moderation in Repeated Measures Designs** Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX
8/2016	**Screening, Brief Intervention, and Referral to Treatment (SBIRT)** Mason SBIRT, Fairfax, VA
5/2013	**Multilevel Modeling Workshop** Annual Convention of the Association for Psychological Science, Washington, DC
9/2012	**Recognizing and Responding to Suicide Risk: Essential skills for clinicians** American Association of Suicidology (AAS), Fairfax, VA

SERVICE AND COMMITTEE MEMBERSHIP

7/2018–present	Member, McLean Hospital Pride LGBTQ Employee Resource Group
7/2018–present	Member, McLean Hospital Dimensions of Diversity Committee
7/2015–present	Academic mentor, GMU OSCAR Undergraduate Research Scholars Program
7/2015–present	Academic mentor, GMU Undergraduate Psychology Honors Program
6/2013–8/2016	Member, Well-being University Learning Community, GMU
4/2016	Reviewer, Innovations in Teaching and Learning Conference
7/2014–7/2016	Co-chair, Resilience Working Group, GMU Well-being University Initiative
6/2014–6/2015	Class representative, Clinical Psychology Department, GMU
5/2015	Presenter, Fairfax County Public Schools (FCPS) Community Conversation

SELECT MEDIA COVERAGE OF RESEARCH

- **Time** (July 2018). Why Having Sex Makes You Feel Better The Next Day, According to Science.
- **Psychology Today** (July 2018). New Study Shows Sex Gives Meaning to Life.
- **Evening Standard** (July 2018). Here's why having sex gives you meaning in life, according to scientific research.

- **Tech Times** (February 2018). Health Benefits Of Sex? Frequent Sexual Activity Adds More Meaning To Life, Says Study.
- **Headspace** (October 2017). How having (or not having) sex affects your social life.
- **Washington Post** (June 2015). The Mindful Athlete.
- **Greater Good Science Center** (June 2015). The Zen of Basketball.
- **George Mason University** (March 2015). Mason study shows mindfulness has holistic benefits for student-athletes.

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA)
Association for Behavioral and Cognitive Therapies (ABCT)
Association for Psychological Science (APS)
Society for Personality and Social Psychology (SPSP)
Society for a Science of Clinical Psychology (SSCP)